



Supplementary data

Zero hunger and malnutrition in the African continent is potentially feasible, if nutrition programs are prioritized politically and scientifically (Supplementary data)

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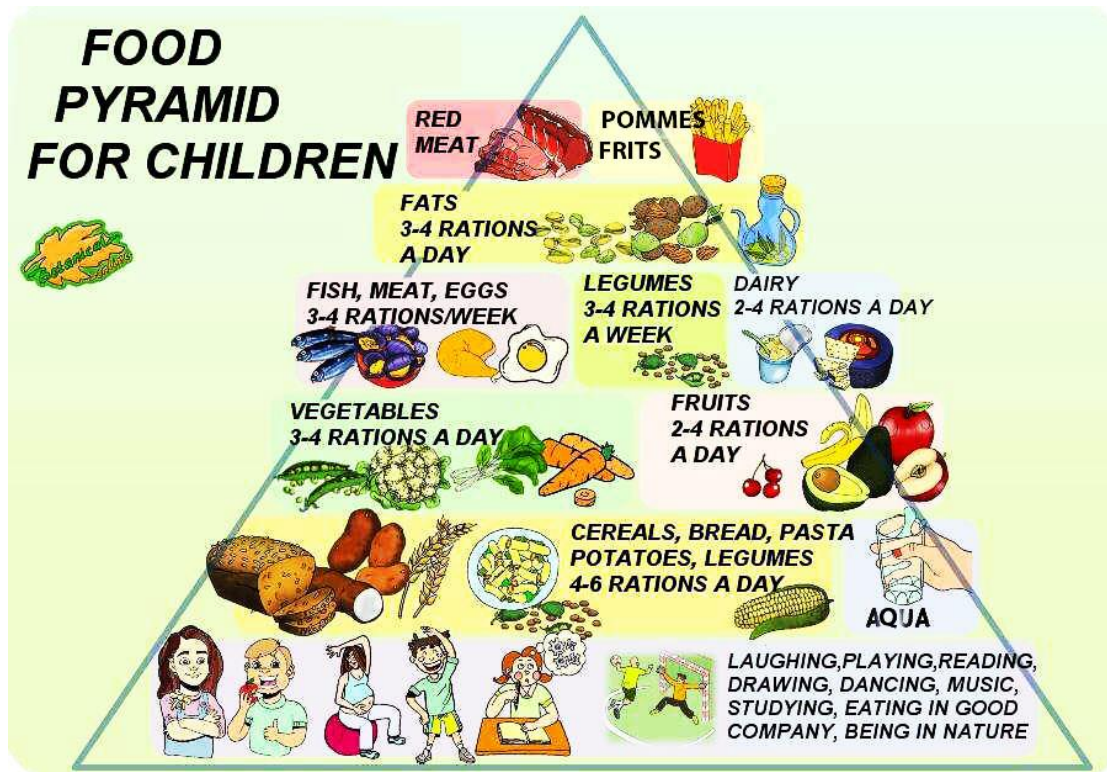
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Supplemental Table 1: The essential amino acids lysine, methionine and total Sulphur containing amino acids in animal and plant foods

Nutrients	Lysine g/ 100 g protein	Methionine g/ 100 g protein	Cysteine g/ 100 g protein
Reference protein*	5.8	2.5	-
Beef	8.3	2.6	1.1
Chicken	8.5	2.8	1.3
Eggs	7.2	3.0	2.2
Cheese**	6.8	2.5	0.57
Fish***	3.8	1.9	0.2
Peanuts****	3.6	0.88	1.68
Soybeans cooked	6.4	1.4	1.6



Supplemental Figure 1: Reducing the five indicators of hunger by 50 % by the year 2030



Supplemental Figure 2: Food pyramid for children